



GorbyX[®]

Poker Diet

GorbyX Poker Diet™ is a unique variation of poker card games, using the invented 5 suited **GorbyX[®]** playing cards where each suit represents one of the commonly recognized food groups such as vegetables, fruits, protein, grains and dairy to communicate the essential fundamentals of the **GorbyX Diet™** which is, reduce the portion size of your meals and minimize the number of food groups you eat at one sitting. Make sure one of the item is always vegetable or fruit to provide live enzyme to assist the digestive process. Follow this formula and you will improve the Metabolic Wellness of your body.

THE PACK – has FIVE full suits, 65 cards from high to low, is Ace, King, Queen, Jack, 10,9,8,7,6,5,4,3,2 plus (2+2) wild cards, 69 in total and 3 suit ranking cards for convenience.

GorbyX Poker Diet™ can be played like a Draw Poker, Stud Poker, Texas Hold `em, or your favorite poker choice, using the applicable game rules with the modified poker hand ranking.

There are some slight poker rule variations to translate and communicate the **GorbyX Diet™** formula to form winning poker hands. For instance: If two players have otherwise equal combinations, low hand will trump the high hand, or in case of flushes the suit ranking "G O R B Y" will determine the winning hand. For more specifics review the **GorbyX Poker Diet™** hand ranking below.

Object of Play -

Diet customarily implies a deliberate selection of food and/or the sum of food, consumed to control body weight.

If your favorite diet is high-protein, low-carb diet, I suggest you remove the brown suit with the bagel from the card pack and play the game with the remaining four suits. On the other hand if your favorite diet is high-carb and low-protein you should remove the red suit with the steak from the card pack and play the game with the remaining four suits. If you suffer from lactose intolerance you should remove the yellow suit representing dairy products and play the game with the remaining four suits.

Cognitive behavioral therapy requires frequent game playing to maximize the health benefit of the exercise and change eating behavior for the better. We also recommend to follow the suit ranking order "G O R B Y" green, orange, red, brown, yellow to reinforce the consumption of vegetable and fruit in the diet. If the **GorbyX Diet™** violates your beliefs of a "healthy food plate", play the "**Heart Attack Poker™**" or **GorbyX Poker™** with five suits.

If you are not familiar with the variety of poker games please visit www.pagat.com to learn.

GorbyX Poker Diet™ hand ranking using four suits.

For the purpose of this illustration the brown suit was removed representing the NO-carb diet. However, you can remove the suit of your choice.

Follow the slightly modified poker hand ranking incorporating the "G O R B Y" suit ranking






Please accept slight deviations from the traditional display and usage of poker hands.

1. Between equal hands, two suits or more, the hand with the fewest suits will dominate.
2. Between equal hand ranks, the lower hand ranking will prevail.
3. Between equal number suited hands, the suit ranking "G O R B Y" will apply, if relevant, to decide the winner.

1. Straight Flush

A straight flush is five cards of the same suit in sequence. Ace can be high or low.

Between two straight flushes of different suits, the suit ranking "G O R B Y" will determine the winner. Between two straight flushes of the same suit, the lowest straight flush wins.

The best/lowest straight flush is A  -2  -3  -4  -5  of the green suit in **GorbyX Poker Diet™**. Keep in mind that a straight may not 'wraparound', meaning a hand of K-A-2-3-4 is not a straight.

2. Four of a Kind

Four of a kind is simply four cards of the same rank. If there are two or more hands that qualify, the hand with the lower-rank four of a kind wins.

For example, 5  -5  -5  -5  -J  beats K  -K  -K  -K  -6 

(When there are several wild cards, it is possible for two players to hold four of a kind of the same rank. In this case, the suit ranking "G O R B Y" will decide the fifth card.

3. Full House

A full house is a poker hand such as 8  -8  -8  -3  -3  that contains three matching cards of one rank and two matching cards of another rank. If there are two or more hands that qualify, the hand with the lower-rank three cards wins.

For example, 9  -9  -9  -J  -J  would beat K  -K  -K  -6  -6 .

(When there are several wild cards, it is possible for two players to hold full house in which a three-of-a-kind of the same rank. In this case, the suit ranking "G O R B Y" will decide the pair.

4. Flush

A flush is a poker hand where all five cards are of the same suit, but not in consecutive order, such A-5-7-9-10. If two or more players have flushes the suit ranking "G O R B Y" will determine the winner

For example a flush of 4🍊 -5🍊 -8🍊 -9🍊 -J🍊 of orange suit, trumps a flush of 3🍖 -4🍖 -7🍖 -K🍖 -A🍖 of the red, or brown or yellow suits.

If two hands formed of the same suit, the lowest flush wins.

For example, J🍃 -9🍃 -8🍃 -7🍃 -3🍃 defeats K🍃 -10🍃 -5🍃 -4🍃 -2🍃. If two hands have the same first card, the second card is important. For example, Q-9-7-6-3 defeats Q-J-5-4-2, the first hand would win due to the fact that the 9 would beat the J.

5. Straight

A straight is 5 cards in two or more suits, in consecutive sequence such as

10🍖 -J🍃 -Q🍌 -K🍃 -A🍖 Ace can be high or low but not both at once. Keep in mind that a straight may not 'wraparound', meaning a hand of K-A-2-3-4 is not a straight.

As between two straights, the one with the fewest suit wins.

If the number of suits are equal, the hand with the lowest ranking straight wins.

For example, A🍖 -2🍌 -3🍊 -4🍊 -5🍌 beats 2🍃 -3🍊 -4🍖 -5🍖 -6🍖

6. Three of a Kind

Three cards of the same rank from three different suits plus two unequal cards. If there are two or more hands that qualify, the hand with the lower-ranking three of a kind wins.

For example, 7🍊 -7🍖 -7🍌 -5🍃 -J🍖 would beat K🍃 -K🍊 -K🍖 -9🍃 -6🍃.

(When there are several wild cards, it is possible for two players to hold identical three-of-a-kind. In this case, the suit ranking "G O R B Y" will decide the winner.

The remaining hand rankings, TWO PAIR, PAIR and HIGH CARD rewards the hand with the fewest suits, if the other criteria is met.

7. Two Pairs

A poker hand such as 5🍊 -5🍖 -J🍃 -J🍖 -10🍌, two cards of the same rank and two cards of another rank, that match each other but not the first pair, with an unmatched fifth card. The two pair hand with the fewest suits (two) wins. If two or more players have equal number of suits, the lowest ranked pair wins a tie. If both hands have the same two pairs, and same number of suits the suit ranking of "G O R B Y" will be applied to the odd card to decide the winner.

For example, in two hands that consist of A🍃 -A🍖 -9🍃 -9🍖 -2🍊 and

A🍊 -A🍌 -9🍊 -9🍌 -3🍖, the first hand would win because the side card 2🍊, the orange suit beats the odd card 3🍖, the red suit.

8. Pair

Two cards of the same rank result in a pair. The hand with the fewest suits (two) wins. If two or more players have equal number of suits, the lowest ranked pair wins a tie. If both hands have the same low pair, and same number of suits, the suit ranking "G O R B Y" will be applied to the first side card to decide the winner.

For example, if two hands consist of A🍃-A🍖-9🍖-7🍖-2🍖 and

A🍊-A🍋-J🍋-7🍋-3🍋, the first hand would win because the 9 is lower than the J.

9. High Card

This is any hand which doesn't qualify as any that have been listed above. In this instance the hand with the fewest suits wins. If two or more players have equal number of suits, the suit ranking "G O R B Y" will be applied.

For example, if two hands consist of 4🍊-7🍊-10🍃-J🍖-K🍃 and

6🍖-8🍊-J🍋-Q🍖-A🍊, the first hand wins.

If two or more players have equal number of identical suits, the lowest card will decide the winner.

For example, if two hands consist of 4🍖-7🍊-10🍃-J🍖-K🍃 and

6🍖-8🍊-J🍃-Q🍖-A🍃, the first hand wins. 4🍖 is lower than 6🍖.

Rules for playing GorbyX Poker Diet™ - 2 to 10 players

Each player in a **GorbyX Poker Diet™** game is dealt two private cards face down ("hole cards") which belong only to that player. Five community cards are dealt face-down on the "board" to be turned face up in the 3 betting segments (3-1-1), referred to as "FLOP", "TURN" and "RIVER" after the first round of betting is completed. All Players MUST use the two hole cards combined with any three cards from the community cards to make the best five-card **GorbyX Poker Diet™** hand possible.

In **GorbyX Poker Diet™**, a marker called 'the button' or 'the dealer button' indicates which player is the nominal dealer for the current game. Before each player is dealt four down cards, the player immediately clockwise from the button posts the "small blind", the first forced bet. The player immediately clockwise from the small blind posts the "big blind", which is typically twice the size of the small blind, but the blinds can vary depending on the stakes and betting structure being played.

In Limit games, the big blind is the same as the small bet, and the small blind is typically half the size of the big blind but may be larger depending on the stakes. For example, in a \$2/\$4 Limit game the small blind is \$1 and the big blind is \$2. In a \$15/\$30 Limit game, the small blind is \$10 and the big blind is \$15.

Now, each player receives their four hole cards. Betting action proceeds clockwise around the table, starting with the player 'under the gun' (immediately clockwise from the big blind).

Player Betting Options:

In **GorbyX Poker Diet™**, as with other forms of poker, the available actions are 'fold', 'check', 'bet', 'call' or 'raise'. Exactly which options are available depends on the action taken by the previous players. Each poker player always has the option to fold, to discard their cards and give up any interest in the pot. If nobody has yet made a bet, then a player may either check (decline to bet, but keep their cards) or bet. If a player has bet, then subsequent players can fold, call or raise. To call is to match the amount the previous player has bet. To raise is to not only match the previous bet, but to also increase it.

Pre-Flop - After seeing his or her hole cards, each player now has the option to play his or her hand by calling or raising the big blind. The action begins to the left of the big blind, which is considered a 'live' bet on this round. That player has the option to fold, call or raise. For example, if the big blind was \$2, it would cost \$2 to call, or at least \$4 to raise. Action then proceeds clockwise around the table.

Betting continues on each betting round until all active players (who have not folded) have placed equal bets in the pot.

The Flop - After the first round of betting is completed, the dealer turns up the first three of the community cards on the board. The "flop" is the first three community cards available to all active players. Betting begins with the active player immediately clockwise from the button. In **GorbyX Poker™**, all bets and raises on the flop are in increments of the small bet (for example, \$2 in a \$2/\$4 game).

The Turn - When betting action is completed for the flop round, the "turn" is dealt face-up on the board. The turn is the fourth community card in a **GorbyX Poker™** game. Play begins with the active player immediately clockwise from the button. In **GorbyX Poker™**, bets and raises on the turn are in increments of the big bet (for example, \$4 in a \$2/\$4 game).

The River - When betting action is completed for the turn round, the "river" is dealt face-up on the board. The river is the fifth and final community card in a **GorbyX Poker™** game. Betting begins with the active player immediately clockwise from the button.

The Showdown - If there is more than one remaining player when the final betting round is complete, the last person to bet or raise shows their cards, unless there was no bet on the final round in which case the player immediately clockwise from the button shows their cards first. The player with the best five-card hand, fewest suit and lowest rank wins. In the event of identical hands, the "G O R B Y" suit ranking will decide the winner. See samples above.

After the pot is awarded, a new **GorbyX Poker™** game is ready to be played. The button now moves clockwise to the next player.

6. LOSING POUNDS: The player with the best hand wins and is allowed to "shed" the same number of pounds he or she bet from his or her stack of chips. If you're the winner add those additional shed chips to the pot now. Remember, losing pounds (chips) is your goal!

7. **GAINING POUNDS:** The player with the worst hand is penalized and must take all the chips in the pot and add them to his or her stack of chips. Any player that folded during the hand, at any time must take back their ante and all chips that they bet plus a 2 chip penalty. These chips are not to be added to the loser's chips stack.

NOTE: It's easiest to keep each players ante and chips that they are betting in front of them so that any player folding can easily take back their chips, plus the 2 chip penalty

WINNING THE GAME:

Continue to play hands as shown above until one player wins the game by losing all the chips in his or stack. An alternate end of play is just to set a time period. Whoever has the least number of chips in his or her stack when time expires is the winner.

Note: The betting structures can vary according to the desires and agreement of the players using the commonly recognized forms of Limit, Pot Limit, No Limit.

